

**FRAMEWORK TOOL FOR REINTRODUCING SPORT  
IN A COVID-19 ENVIRONMENT - PER SPORT GUIDELINE**



**PHILIPPINE  
SPORTS  
INSTITUTE**

MEDICAL AND SCIENTIFIC ATHLETES SERVICES

**FRAMEWORK  
TOOL FOR  
REINTRODUCING  
SPORT IN A  
COVID-19  
ENVIRONMENT  
PER SPORT  
GUIDELINE**

#PSCKeepsActiveonECQ  
#ProductiveTimeoutwithPSC  
#parasainangbayan  
#IAmSportsPositive

**Triathlon**  
**Duathlon**

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## SPORT SPECIFIC FRAMEWORK

TRIATHLON	A	B	C	D	E
COMMUNITY SCENARIO: HEALTH STATUS TRAVEL ENGINEERING	HIGH RISK  (ECQ)	HIGH RISK (MECQ)	MODERATE RISK (GCQ)	MODERATE RISK (mGCQ)	LOW RISK/ No Community Quarantine covid environment "NEW NORMAL"

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IATF RESTRICTIONS**	Everyone is advised to "Stay-at-Home"		Movement for leisure purposes are not allowed; essential travel only	All persons allowed to move outside of residence	NO DETAILED GUIDELINES yet as of May 23, 2020
	No mass transportation	APOR allowed to travel <20 and 60 and above are to stay at home	<20 and 60 and above may be allowed to go outdoors only for exercise	Intrazonal travel allowed, Interzonal travel allowed	Intrazonal travel allowed, Interzonal travel allowed
	No interzone travel	Limited mass transportation Sports travel is still non-essential	Intrazonal travel allowed, Interzonal travel allowed	Individual and group outdoor activities including NON-CONTACT sports (golf/tennis/table tennis/swimming) are allowed – NO SHARING of equipment	
	No mass gathering	No interzone travel – may travel to ECQ Intrazonal movement allowed	Public transportation allowed to operate at limited capacity	Sporting events of the above category (indoor and outdoor non-contact sports) are allowed but with 50% capacity of arena	
	Gyms, fitness facilities are closed	No mass gathering	Category IV (fitness, kids establishments are still not allowed to operate)	Category IV (fitness, kids establishments are allowed to	
			School sports are still suspended		



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		<p>Sporting events are prohibited Gyms, fitness facilities are closed</p> <p>Water parks are not allowed to operate</p> <p>Individual, Outdoor exercises are allowed within the zone- walks,</p>	<p>Interzonal movement allowed</p> <p>No mass gathering</p> <p>Sporting events are prohibited</p> <p>Gyms, fitness facilities are closed</p>	<p>operate at 50% capacity)</p> <p>Transportation is allowed to operate at the capacity dictated by DOTR;</p>		
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		jogs, biking, running	No face to face classes; school sporting events are not allowed	bikes and e- bikes encouraged	
		Rehab clinics are on skeletal workforce	Outdoor non-contact sports, walking, jogging, running, biking, golf, swimming, tennis, badminton, equestrian and skateboarding are allowed—limited clubhouse basic operations	Face to face classes may be conducted but no gatherings	
		No face to face school classes		Gathering of up to 10 socially distanced persons are allowed	
				Gyms, indoor fitness facilities are allowed to operate at maximum 50% capacity	

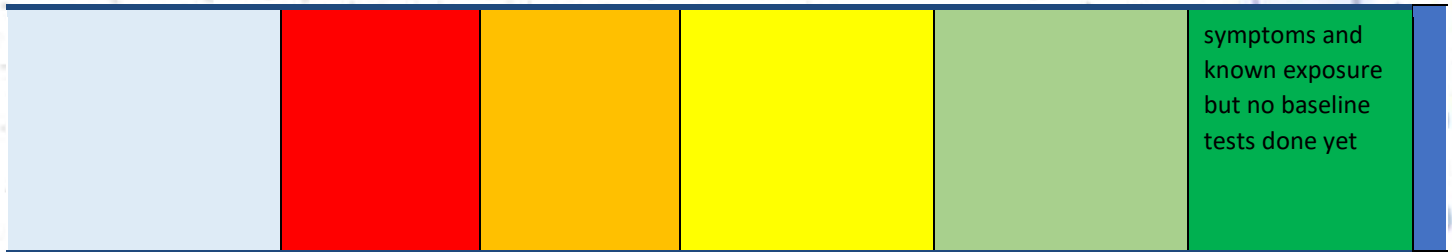
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SPORT ACTIVITY SUGGESTIONS	Solo Work out at home premises: -Bike rollers/trainers -Run on treadmill - Strength & Conditioning -Run drills on driveway	Solo Work out at home premises: -Bike rollers/trainers - Run on treadmill -Strength & Conditioning - Run drills on driveway /Enclosed street	*FOR RECOMMENDATION AS A GCQ ACTIVITY PENDING IATF APPROVAL	*FOR RECOMMENDATION	*FOR RECOMMENDATION
	Virtual/Online coaching	Virtual/Online coaching	Solo outdoor workout with no people: - Long rides on short enclosed circuits - Runs on short trails and tracks - Strength & Conditioning - Swims	Group outdoor workouts among distanced individuals; with proper sanitation: - Long rides on short enclosed circuits - Runs on short trails and tracks - Strength & Conditioning - Swim in private pools	Group outdoor workouts among distanced individuals; with proper sanitation: - Normal workout routines with social distancing
	Virtual team workouts	Virtual team workouts & racing with teammates(all indoors on apparatus)	Virtual/Online coaching	Within mass gathering thresholds; Max four(4) pax including coach	Within mass gathering thresholds; Observe max number of persons
			Virtual team workouts & racing with teammates	No Group rides or runs observing strict social distancing	Racing local under TRAP/ITU new normal guidelines(ATTACHED) with approval of local authorities
			Outdoor time trials		

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						<p>Notes on New Normal/Olympic Hopeful: -5 athletes, 3 overseas based + 2 local -FREE type of training environment for each individual - "covid free" based on lack of</p>
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GENERAL HYGIENE RECOMMENDATIONS	Use of mask	Use of mask	Health Declaration Form in the past 14 days and COVID-19 Exposure Form	Health Declaration Form in the past 14 days and COVID-19 Exposure Form Use of mask	Health Declaration Form in the past 14 days and COVID-19 Exposure Form Use of mask
	Hand washing	Hand washing	Use of mask	Hand washing	Hand washing
	Showering immediately after training session	Showering immediately after training session	Hand washing	Showering immediately after training session	Showering immediately after training session
	Regular use of alcohol	Protocol for disinfection are enforced	Showering immediately after training session	Protocol for disinfection are enforced	Protocol for disinfection are enforced
		Regular use of alcohol			
			Protocol for disinfection are enforced		
				Social distancing between persons	Social distancing between persons
				Regular use of alcohol Engineering and safety protocols in place	Engineering and safety protocols
			Social distancing		

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			between persons		
			Regular use of alcohol Engineering and safety protocols in place		Consider testing athletes in preparation for "actual" resumption of organized sports
					Consider testing race staff
					Provide training of new normal procedures to race staff design new office protocol: - Temperature checks -Shoe and clothing repository - Frequent routine cleaning -Availability of sanitizing agents -Separate office equipment

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					<p>-Require face masks and social distancing</p> <p>Consider testing and vaccination of players/athletes/ participant and facility staff</p> <p>Suggestions for New Normal/Olympic Hopeful: -Online baseline health declaration form should be sent to all 5 athletes via our QR code system for documentation of current health status and subsequent symptom and exposure monitoring - Consider baseline RT-CPR testing for local triathletes based in Olongapo and Cebu</p>
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						<p>-Designate a safety officer for the 5 athletes who will oversee compliance to the health declaration form symptom and exposure monitoring</p>
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<p>FACILITY RECOMMENDATIONS</p>	<p>Equipment sanitizing</p> <p>Protocol for disinfection are enforced</p> <p>Availability of alcohol and sanitizers at all times</p>	<p>Equipment sanitizing</p> <p>Protocol for disinfection are enforced</p> <p>Availability of alcohol and sanitizers at all times</p>	<p>Equipment sanitizing</p> <p>Protocol for disinfection are enforced</p> <p>Availability of alcohol and sanitizers at all times</p>	<p>Equipment sanitizing</p> <p>Protocol for disinfection are enforced</p> <p>Availability of alcohol and sanitizers at all times</p>	<p>Equipment sanitizing</p> <p>Protocol for disinfection are enforced</p> <p>Availability of alcohol and sanitizers at all times</p>
				<p>Assign team safety protocol officer</p>	<p>Assign team safety protocol officer</p>

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SPECTATOR ADDITIONAL PERSONNEL	N/A	N/A	Only one accompanying person(if minor)	No spectators allowed  Max one companion as necessary-properly protected and distanced	Limited number of spectators allowed  Maximum of one companion as necessary-properly protected and distanced
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